



CITY OF
ISSAQUAH
WASHINGTON

Recreation Guide

Fall 2021

Events
Education & Arts
Health & Fitness
Swim Lessons
Sports
Senior Programs



Mayor's Message - We are Here to Help



Dear Issaquah neighbors,

As the pandemic continues, our Parks and Community Services team remains focused on providing safe and accessible opportunities for our community to maintain healthy and active lives.

From maintaining our amazing parks and open space, to offering a diverse selection of programs detailed in this guide, we are here to support you and your family.

I'm thankful for our dedicated team, who make safety—first and foremost—our top priority. Every decision we make on current services provided is based on guidance from Public Health—Seattle & King County.

In you need special assistance on registration, community resources and more, please call us at 425-837-3300. We are here to help. As our programming continues to evolve, please also check for updates at issaquahwa.gov/parks.

Meanwhile, I encourage everyone to enjoy Issaquah's outdoor offerings this fall. Take a hike, picnic at a local park or simply take a moment to savor our Issaquah Alps as the seasons change. Spending time outside can boost both our mental and physical health.

Mayor Mary Lou Pauly

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Meet Your City Council



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 Community Center 425-837-3300

 Pool 425-837-3350

 Senior Center 425-837-3339

 parksrecreation@issaquahwa.gov

 issaquahwa.gov/parks

    [@cityofissaquah](https://www.instagram.com/cityofissaquah)



City News

Spend Time Outdoors: Fit and Fun for All Program



Thanks to the Issaquah Recovery Task Force, the City launched its “Fit and Fun for All” program during the pandemic, which funded new opportunities for community members to exercise outdoors.

At Memorial Field in Olde Town, the City installed three new outdoor exercise stations that are great for all ages and abilities. Try adding various exercises into a daily walk or workout!



In addition, six new pickleball courts were added at **three Issaquah parks**: Tibbetts Valley Park, Central Park and Meerwood Park. This sport has a rapidly-growing fan base in town, and combines elements of tennis, badminton and ping-pong.

The goal of our program is to encourage residents to spend more time outdoors and take part in healthy activities. Check them out today!

Farmers Market: Autumn Harvests



Enjoy the bounty of Autumn harvests at the Issaquah Farmers Market!

Running from May through September at the iconic Pickering Barn, the market is a great place to meet friends and family, pick up fresh ingredients and support local businesses. The end-of-summer Saturdays feature late season vegetables like eggplants, peppers and leeks, as well as floral bouquets and unique arts and crafts.

A revolving selection of food trucks are also available to give shoppers a great selection of options for lunch.

A parking structure near the market is available behind the Pickering Barn. Visitors can park on the first and second levels of the structure, which is on the Costco corporate campus adjacent to the market. In addition, 16 handicap spaces are available on ground level just outside the parking lot and closest to the market entry point.

An ATM and public restrooms are located inside the barn.

Stop by any Saturday from 9 a.m.–2 p.m. through Sept. 25. Learn more at issaquahwa.gov/market.

Hours & Locations

Issaquah Community Center

301 Rainier Blvd. S
Issaquah, WA 98027

Community Center Hours, beginning Tuesday, September 7:

- MONDAY – FRIDAY • 7 AM – 9 PM
- SATURDAY • 8 AM – 4 PM
- SUNDAY • CLOSED

Issaquah Senior Center

75 N.E. Creek Way
Issaquah, WA 98027

Senior Center Hours

- MONDAY – THURSDAY • 8:30 AM – 4 PM
- FRIDAY • 8:30 AM – 2 PM
- SATURDAY & SUNDAY • CLOSED

Julius Boehm Pool

50 S.E. Clark Street
Issaquah, WA 98027

Lap Pool Hours

Lap Swim:

- MONDAY – FRIDAY • 6:30 AM – 3:30 PM
- SATURDAY • 1:30 PM – 6:30 PM

Deep Water Exercise:

- MONDAY, WEDNESDAY & FRIDAY • 9 AM – 10 AM (3 LANES)

Shallow Water Exercise:

- MONDAY, WEDNESDAY & FRIDAY • 10 AM – 11 AM (3 LANES)

Shallow Pool Hours

Water Walking:

- MONDAY – FRIDAY • 6:30 AM – NOON

Recreation Swim:

- MONDAY – FRIDAY • NOON – 8:30 PM
- SATURDAY • 1:30 PM – 6:30 PM

CLOSURES (COMMUNITY CENTER ONLY)

FRIDAY & SATURDAY, NOV. 12 & 13 • QUILT SHOW

CLOSURES (POOL ONLY)

MONDAY – FRIDAY, AUG. 30 – SEPT. 4 • MAINTENANCE

CLOSURES (ALL LOCATIONS)

MONDAY, SEPT. 6 • LABOR DAY

THURSDAY, NOV. 11 • VETERANS' DAY

THURSDAY & FRIDAY, NOV. 25 & 26 • THANKSGIVING

Registration & Fee Information

The City of Issaquah follows all recommendations issued by Public Health – Seattle & King County, our public health agency. Programs, events or facility availability may change quickly based on this guidance, which helps keep our community safe during the COVID-19 pandemic. For the latest updates, go to issaquahwa.gov/parks.

Easy Registration

issaquahwa.gov/register or 425-837-3300

Scholarships

The Parks & Community Services Department scholarships are generously funded by individual, corporate and community group donations. *To receive a scholarship or discount, applicants must:*

- Meet the City's income eligibility requirements
- Live in Issaquah (adults) or live within the Issaquah School District boundary (18 and under)

Each calendar year, the maximum scholarship awards are \$350 per participant and \$600 per family. Scholarships are available at 100%, 75% and 50% of program fees. *Applicants must provide proof of income eligibility with the following:*

- DSHS services approval letter
- Documentation that preschool-aged child is participating in Head Start
- Most recent tax return and W-2 income information

To learn more and apply, go to issaquahwa.gov/scholarships.

Fees

Participants who live outside of Issaquah's city limits can expect to pay about 20% more than residents for certain parks and recreation programs. The general rate ensures that families living outside of Issaquah contribute to services on an equal basis with residents who pay City taxes.

Fair Play in Community Sports

The City of Issaquah complies with the State of Washington's Fair Play in Community Sports Act (Chapter 467, 2009 Laws, effective date July 26, 2009) that prohibits discrimination against any person in a community athletics program on the basis of sex.

We offer a variety of recreation classes and programs for all of our community members! Need help registering? Call us at 425-837-3300.

¡Ofrecemos una variedad de clases y programas recreativos para todos los miembros de nuestra comunidad! ¿Necesita ayuda para registrarse en español? Llámenos al 425-837-3300.

我们为所有社区成员提供各种娱乐课程和节目! 需要中文注册帮助吗? 请致电425-837-3300。

General Refund Policy

4 Days or More Prior to Start Date

5% Fee

- Transfers and withdrawals requested 4 days or more in advance of the start date will be subject to a 5% fee
- No refunds or credits will be processed 3 days before the start date and beyond

3 Days Prior to Start Date and Beyond

No Refund

Other Important Information

- Programs are subject to minimum enrollment. If a program is canceled due to low enrollment, a full refund will be processed
- Passes are non-refundable and non-transferable
- Monthly scheduled payments are available for annual Gold Passes only.
- This is not a universal policy; it does not apply to Rentals, Day Camps and Preschool which are subject to independent policies

Facility Use Fees

	Daily	30 Day		Annual	
		Resident	General	Resident	General
Youth & Military*	\$5	\$24	\$28.80	\$210	\$252
Adult (18–61)	\$6	\$36	\$43.20	\$360	\$432
Family	\$15	\$72	\$86.40	\$600	\$720
Seniors/Gold Pass (62+)	\$4	-	-	\$60	\$72

*Military must show valid ID

Rentals

The City of Issaquah follows all recommendations issued by Public Health – Seattle & King County, our public health agency. Programs, events or facility availability may change quickly based on this guidance, which helps keep our community safe during the COVID-19 pandemic. For the latest updates, go to issaquahwa.gov/parks.

Parks, Fields & Picnic Shelters

Considering a family picnic or child's birthday party in the park? Picnic shelters at these parks are available for reservation through Sunday, September 26th:

- Central Park
- Confluence Park
- Tibbetts Valley Park
- Tradition Plateau
- Gibson Park

Have a team or group activity that requires the use of open space? Ballfields at these parks are available for reservation:

- Central Park
- Squak Valley Park
- Tibbetts Valley Park
- Veterans' Memorial Field

For more information, go to issaquahwa.gov, or call 425-837-3300.

Community Center

Reservations of the gym courts and multi-use rooms at the Community Center are available on a first-come, first-served basis.

Gym and Room Rates

General	\$36/hour
Resident	\$30/hour
After Hours	\$50/hour

Gym Equipment Fees

Volleyball or Pickleball Nets	Included in rental fee
Basketballs	Included in rental fee
Floor Hockey Equipment	Included in rental fee
Birthday Parties	Above fees apply

For more information, go to issaquahwa.gov, or call 425-837-3300.

Senior Center

For more information about room rates or full facility rentals at the Senior Center, please call 425-837-3339.

Julius Boehm Pool

Reservations of the pool and multi-use room at the Julius Boehm Pool are available for private parties on Saturday after 6 PM and Sunday after 4 PM.

Private Facility Rental

50 participants \$300/hour

Pickering Barn

Pickering Barn is a premiere site for wedding ceremonies, receptions or your event.

Conveniently located in downtown Issaquah, the 12,000-square-foot Pickering Barn's spacious banquet rooms can accommodate up to 350 guests. Our courtyard provides a great outdoor space for wedding ceremonies and social gatherings.

For more information, go to issaquahwa.gov/pickeringbarn, call 425-837-3320 or email pickeringbarn@issaquahwa.gov.

Leave your mark in an Issaquah park!

The City of Issaquah's Bench Donation Program is a wonderful way to give. Your gift will be enjoyed by many in our community and your contribution is a way to enhance the City's park system.

- **Bench Cost**
\$3,000 includes: bench, plaque, concrete pad, installation and maintenance.
- **Bench Location**
View the City's pre-approved donation bench locations on the City Website.
- **Bench Styles**
Bench styles are predetermined and specific to each park according to the park's master plan and/or City standard.
- **Plaque**
Your donation will be recognized by the placement of a plaque that will be mounted on the backrest of the bench.
- **Process**
Upon submittal of your inquiry form, City Park Planning staff will contact you for further coordination prior to payment. Upon approval and payment, your donation bench will be installed in the next available installation window. Installation windows are determined by seasonal variations in workload and weather impacts. The bench donor will be contacted a minimum of 3 days prior to installation. Upon installation, the bench shall vest with the City.

For more information, contact Jennifer Fink 425-837-3322.



Events

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Block Party Quilters

35th Annual Quilt Show *All Ages*

Marvel at beautiful quilts and shop at our boutique and with our wonderful vendors. Enjoy a refreshment in our tearoom.

Issaquah Community Center

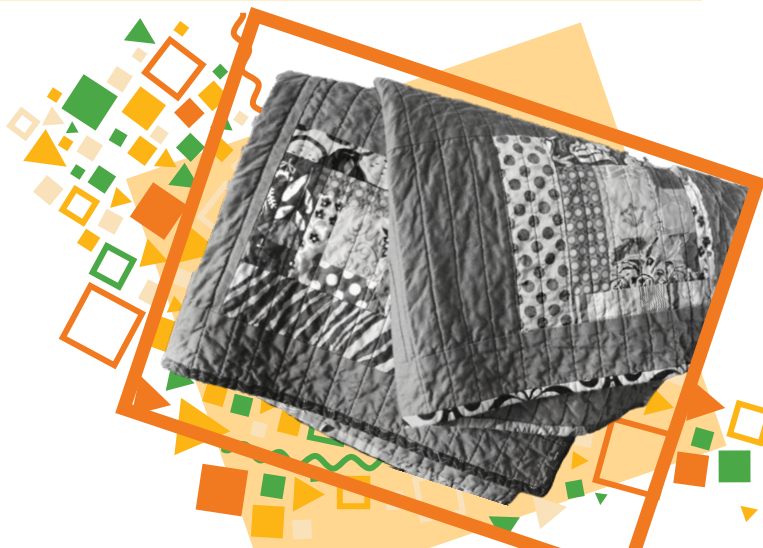
FRIDAY – SUNDAY, NOV. 12 – 14

FRIDAY & SATURDAY • 10 AM – 5 PM

SUNDAY • 10 AM – 4 PM

Fee \$8 at the door

Cash & Check only





Education & Arts

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Issaquah Parks & Recreation Preschool

Ages 3 – 5

With the ultimate objective of kindergarten readiness, our staff works with families to:

- Foster and encourage socialization
- Teach and increase cooperation
- Enhance listening skills

Classes are offered at the Issaquah Community Center and Memorial Park Center, both in downtown Issaquah. The preschool follows the Issaquah School District calendar of holidays and breaks. More information can be found at issaquahwa.gov/preschool. Call 425-837-3300 to inquire about current openings and waitlists.

2021 – 2022 School Year

Children must be the correct age by August 31, 2021. A \$50 non-refundable deposit, plus the last month's tuition is required at time of registration. **Automatic payments can be made in monthly installments at the 1st of the month, dividing the yearly fee into 9 monthly payments.**

At Memorial Park Center

Age 3

TUESDAY & THURSDAY • 9:30 PM – 12 PM

General Fee	\$2,052 / year
Resident Fee	\$1,710 / year

Age 4

MONDAY, WEDNESDAY & FRIDAY • 9:30 AM – 12 PM

General Fee	\$2,655 / year
Resident Fee	\$2,205 / year

At Issaquah Community Center

Age 3

WEDNESDAY & FRIDAY • 9:30 AM – 12 PM

General Fee	\$2,052 / year
Resident Fee	\$1,710 / year

Ages 4 – 5 (PreK)

MONDAY, TUESDAY & THURSDAY • 9:30 AM – 2 PM

General Fee	\$4,725 / year
Resident Fee	\$3,933 / year

Schoolhouse Rec! *Grades K – 5*

We are thrilled to announce that "Schoolhouse Rec!" continues this school year as before & after school care at the Issaquah Community Center. Transportation is provided for Clark and Issaquah Valley Elementary students. "Schoolhouse Rec!" follows the Issaquah School District calendar of holidays and breaks. Call 425-837-3300 to inquire about openings & waitlists. More information can be found at issaquahwa.gov/schoolhouserec.

Issaquah Community Center

MONDAY – FRIDAY • 7 AM – SCHOOL START
MONDAY – FRIDAY • AFTER SCHOOL – 6 PM

Before School Only General Fee	\$4,320/year
Before School Only Resident Fee	\$3,600/year
After School Only General Fee	\$4,980/year
After School Only Resident Fee	\$4,150/year
Before & After School General Fee	\$7,800/year
Before & After School Resident Fee	\$6,500/year

Snapology

Castles, Kingdoms & Wizards *Ages 5 – 11*

Enter the magical world of Snapology! Have fun with dragons, crowns, knights and swords. Create your own castle using LEGO® bricks and much, much more. Let the magic begin!

Academic Enrichment:

- Develop presentations involving relevant facts and descriptive details
- Engage in topic centered group conversation
- Develop appropriate, on task questions, elaborate on stated facts
- Practice story and character development
- Write and present original stories inspired by topics in the program

Issaquah Community Center

TUESDAYS, OCT. 5 – DEC. 7 • 5:30 PM – 6:30 PM

General Fee	\$240
Resident Fee	\$200

Young Rembrandts

Saturday Anime & Manga Drawing Workshop *Ages 6–12*

Why sit in front of the TV and watch cartoons when you can draw amazing characters and awesome scenes of your very own? Join us for five, action-packed days as Young Rembrandts hosts a wonderful *Anime and Manga Drawing Workshop*. Our students will create dazzling illustrations that are influenced by popular Japanese anime and manga themes. Colorful characters with expressive personalities jump off the page. Our students will be delighted as we create drawings that emulate the popular anime and manga art styles. Don't miss out on an exciting opportunity to produce wonderful artwork.

Issaquah Community Center

SATURDAYS, OCT. 2 – 30 • 10 AM – 11:30 AM

General Fee	\$162
Resident Fee	\$135

Saturday Character Creation Drawing Workshop *Ages 6–12*

Learn the basics of cartooning and create your own characters! Each day students will learn techniques used in cartooning. Subjects like characteristics, features, exaggeration, action, and personification will contribute to your child's artistic advancement! Young Rembrandts students will immediately apply their new skills in every class to create their own original cartoon characters.

Issaquah Community Center

SATURDAYS, NOV. 6 – DEC. 18 • 10 AM – 11:30 AM
(NO CLASS NOV. 13 & NOV. 27)

General Fee	\$162
Resident Fee	\$135





Health & Fitness

The City of Issaquah follows all recommendations issued by Public Health – Seattle & King County, our public health agency. Programs, events or facility availability may change quickly based on this guidance, which helps keep our community safe during the COVID-19 pandemic. For the latest updates, go to issaquahwa.gov/parks.

We are actively seeking enthusiastic fitness instructors to teach and complement our growing offerings! Barre, Zumba, Yoga! The Community Center's Rainier Room is ready to welcome new classes!

Fitness Room & Indoor Track

Age Requirements

Customers can start using the Fitness Room & Track at age 13, when accompanied by an adult. Anyone 16 and over can use the facilities unsupervised.

Fees

Use your current pass, or pay the daily drop-in fee.

Fitness Room

Enjoy a full body workout utilizing our various pieces of equipment including Precor strength stations, treadmills, elliptical cross-trainers and stationary bikes. A set of dumbbells is also on hand for your strength training needs.

Feel free to check it out prior to purchasing a pass.

Indoor Track

Looking for a place to continue your daily run or walk—rain or shine? Keep moving indoors on our track accessible on the second floor of the Community Center. Only walkers or joggers are allowed (please no strollers, riding toys or balls on the track). We ask that walkers stay to the inside of the track, and travel with no more than two people across. Shoes are required. In total, 11.3 laps equals a mile!

Moon and Back Yoga

Curious how yoga can benefit your physical and mental health? Join Connie Ellis to begin your six-week Hatha Yoga journey today! Connie will guide participants through postures at a slower pace with more guidance on how to do each pose correctly. Movements are synchronized with breath to support the body and aid strength, balance and the release of tension and stress. Equipment needed: Yoga Mat and Water Bottle. No prior yoga experience necessary.

Issaquah Community Center

TUESDAYS & THURSDAYS, OCT. 5 – NOV. 18 • 9:30 AM – 10:30 AM
(NO CLASS ON NOV. 11)

General Fee \$200
Resident Fee \$180

Drop-In Options Available:

General Fee \$24/class
Resident Fee \$20/class





Aquatics

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Swim Lessons: Basic Series

Parent & Child Class

A parent is required to be in the water with the child. Children learn how to move the water with their hands and feet. They will gain comfort and confidence in the water while having fun and singing songs. Parents will learn about water safety and how to swim safely with their children.

Preschool 1 *Ages 3 – 5*

This class is a beginner class that will focus on water comfort, floating, kicking, and water safety.

Preschool 2 *Ages 3 – 5*

This class will focus on flutter kicking on front and back, independent floating, elementary backstroke, beginning to swim with arms, and water safety.

Preschool 3 *Ages 3 – 5*

This class will focus on swimming on the front, on the back, beginning side breathing, breaststroke kicking, elementary backstroke, and water safety.

Preschool 4 *Ages 3 – 5*

This class will focus on swimming with side breathing, backstroke, elementary backstroke, breaststroke, butterfly kicking, dives, and water safety.

Youth 1 *Ages 6 – 15*

This is a beginner class that will focus on water comfort, floating, kicking, elementary backstroke, and water safety.

Youth 2 *Ages 6 – 15*

This class will focus on flutter kicking on front and back, breaststroke kicking, front stroke, backstroke, elementary backstroke, beginning side breathing, and water safety.

Youth 3 *Ages 6 – 15*

This class will focus on swimming with side breathing, backstroke, breaststroke, butterfly kicking, and water safety.

Youth 4 *Ages 6 – 15*

This class occurs in the lap pool and children will be swimming 25 yard lengths. The class will focus on swimming with side breathing, backstroke, elementary backstroke, breaststroke, butterfly, dives, and competitive turns.

Adult *Ages 16 & Up*

This is a beginner class for adults. The class will focus on independent floating, swimming, and water safety.

Swim Lessons: Competitive Series

Competitive 1 *All Ages*

This is a competitive level class that is designed to prepare children for joining a swim team. This is the introductory class that will cover competitive techniques of freestyle, backstroke, and butterfly. This class will also cover all of the starts and turns needed for competitive swimming.

Competitive 2 *All Ages*

The second in our competitive series gives a more intensive class on the freestyle and breaststroke techniques. The class will also cover all of the starts and turns associated with each competitive technique.

Competitive 3 *All Ages*

The second in our competitive series gives a more intensive class on the butterfly and backstroke techniques. The class will also cover all of the starts and turns associated with each competitive technique.

Competitive 4 *All Ages*

The last class in our competitive series simulates a swim practice. Throughout the class we continue to improve the technique and endurance of the students to prepare them for swim team. This class will be very similar to a 30-minute swim practice.

Private Lessons

Private swim lessons are \$35/30 minutes. Semi-private lessons are \$25/child/30 minutes. Scheduling depends upon availability of instructors. Sold in packages of four only.

Birthday Parties

For \$150, you can rent half of the shallow end and the party room for 90 minutes. For an additional \$50, we will have a lifeguard in the water to organize games. Maximum 20 participants, for pricing on additional guests or complete facility rental, please contact the pool.

Note: We don't currently offer Birthday Parties because of current restrictions related to COVID.

Aquatic Exercise Classes

8 AM Water Exercise

This class is available Monday – Friday from 8 AM – 8:45 AM and occurs in the deep end of the pool. The goal of this class is to improve strength and fitness.

10 AM Water Exercise

This class is available Monday, Wednesday and Friday from 10 AM – 10:45 AM occurs in the shallow end of the pool. The goal of this class is to improve flexibility, balance, and fitness.

Note: We don't currently offer Aquatic Exercise classes because of current restrictions related to COVID.

Lifeguarding

We offer classes to become certified as an American Red Cross Lifeguard. This is a critical certification for working at any pool or waterfront location. Please call the pool for availability.





Sports

The City of Issaquah follows all recommendations issued by Public Health – Seattle & King County, our public health agency. Programs, events or facility availability may change quickly based on this guidance, which helps keep our community safe during the COVID-19 pandemic. For the latest updates, go to issaquahwa.gov/parks.

Basketball

Skyhawks Basketball *Ages 6 – 12*

This fun, skill-intensive program is designed with the beginning to intermediate player in mind. Using our progressional curriculum and focusing on the whole player, we teach your child the skills needed both on and off the court to be a better athlete. Our basketball staff will focus on respect, teamwork, responsibility, and then progress into drills and games.

WEDNESDAYS

Issaquah Community Center

- **SESSION 1: SEPT. 15 – OCT. 6**
- **SESSION 2: OCT. 13 – NOV. 3**
- **SESSION 3: NOV. 10 – DEC. 8**

Ages 6 – 9

4:30 PM – 5:20 PM

Ages 9 – 12

5:30 PM – 6:20 PM

General Fee \$95

Resident Fee \$79

Triple Impact Basketball *Grades K – 8*

Join Coach Arvin Mosley Jr for basketball training designed for players and skill levels. Sessions will be focused on footwork, ball handling, basketball IQ, defensive positioning and scoring moves. Coach Mosley is the founder of Triple Impact Coaching and is a former head college coach. Coach Mosley leads camps and clinics across the country and in the last 5 years, has trained and coached multiple WNBA and NBA players as well as some of the top high school players in the country.

THURSDAYS

- **SESSION 1: SEPT. 9 – OCT. 7**
- **SESSION 2: OCT. 14 – NOV. 18**

Grades 3 – 5

6 PM – 6:50 PM

Grades 6 – 8

7 PM – 7:50 PM

SATURDAYS

Issaquah Community Center

- **SESSION 1: SEPT. 18 – OCT. 16**

Grades K–4

9 AM – 9:50 AM

Grades 5–8

10 AM – 10:50 AM

Martial Arts

Tiger Kids & Family Martial Arts *Ages 3.5 & Up*

Join us for a fun multiple martial arts program for developing focus and listening skills with bag kicking, games and padded sword sparring for all ages and levels. Empty hand and weapon forms are taught from Karate-Kobudo to Taekwondo and Kung-fu, as students' progress in belts promoting achievement and goal setting. Extra Fees: Each participant will be required to pay an annual \$14 AAU insurance fee in addition to the class fee. Please make check payable to AAU and give to instructor on first day of class.

Issaquah Community Center

- **SESSION 1: MONDAY, SEPT. 13 – OCT. 18**
- **SESSION 2: MONDAY, OCT. 25 – NOV. 29**

Tiny Tiger Taekwondo

4:30 PM – 5 PM

Tiny Tiger Taekwondo

5:10 PM – 5:40 PM

Tiger Kids – Beginning

5:50 PM – 6:40 PM

Kung Fu and Eskrima for Self Defense

6:45 PM – 7:30 PM

General Fee \$108

Resident Fee \$90

Washington Shotokan Karate *Ages 6 – 14*

This is a great youth beginner's, intermediate and advanced karate program taught by Washington Shotokan Association. With its non-violent and traditional karate philosophy, Shotokan Karate is an excellent entry level and continuing karate program!

Issaquah Community Center

Beginning Karate

- **SESSION 1: WEDNESDAYS, SEPT. 1 – OCT. 20 • 5:15 PM – 6 PM**
- **SESSION 2: WEDNESDAYS, NOV. 3 – DEC. 15 • 5:15 PM – 6 PM**

Beginning/Intermediate Karate

- **SESSION 1: THURSDAYS, SEPT. 2 – OCT. 21 • 5:15 PM – 6 PM**
- **SESSION 2: THURSDAYS, NOV. 4 – DEC. 16 • 5:15 PM – 6 PM**
(NO CLASS NOV. 11 & NOV. 25)

Continued Karate

- **SESSION 1: THURSDAYS, SEPT. 2 – OCT. 21 • 6 PM – 6:45 PM**
- **SESSION 2: THURSDAYS, NOV. 4 – DEC. 16 • 6 PM – 6:45 PM**
(NO CLASS NOV. 11 & NOV. 25)

General Fee Prices vary depending on session

Resident Fee Prices vary depending on session

Gymnastics

Jet's Gymnastics Express *Ages 3 – 12*

Jets Gymnastics has been teaching kids' gymnastics on the Eastside for over 20 years with a focus on building a fun and playful environment while improving their coordination and athletic ability. A.

We accommodate a variety of skill levels and teach to the level of each boy and girl. Activities include gymnastics instruction in tumbling, bars, beam, and vault, along with games and activities including lots of obstacle courses, fun games, and much more.



Issaquah Community Center

SATURDAYS, SEPT. 11 – NOV. 6

Issaquah Community Center

WEDNESDAYS, SEPT. 8 – OCT. 27

Little Flips

10:30 AM – 11:15 AM

Big Flips

4:15 PM – 5:15 PM

Big Flips

11:30 AM – 12:30 PM

Urban Warriors

5:30 PM – 6:30 PM

Urban Warriors

12:40 PM – 1:40 PM

Football

Skyhawks Flag Football *Ages 6 – 12*

Experience the excitement of football with Skyhawks Flag Football Fueled by USA Football. Using a curriculum developed by the experts from USA Football, coaches will teach skills like passing, receiving, kicking and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment.

Tibbett's Valley Park

- **SESSION 1: TUESDAYS, SEPT. 14 – OCT. 5**
- **SESSION 2: TUESDAYS, OCT. 12 – NOV. 2**

Ages 6 – 9

4:30 PM – 5:20 PM

Ages 9 – 12

5:30 PM – 6:20 PM

General Fee \$95

Resident Fee \$79



Soccer

Kidz Love Soccer

Kidz Love Soccer is dedicated to teaching the world's most popular sport within a nurturing, recreational environment. This instructional soccer experience includes appropriate activities: skill demonstrations, fun games, and instructional scrimmages conducted in a non-competitive, recreational format. Perfect for first time players while being fun and engaging for kids with some experience. Shin guards are required for all classes except Mommy/Daddy & Me. Each child will receive a complimentary jersey. Kidz Love Soccer class status hotline 1-888-372-5803.

LOCATION 1: Veteran's Memorial Park

WEDNESDAYS, SEPT. 8 – OCT. 20

Soccer 1 Ages 5 – 6

4:10 PM – 4:55 PM

Soccer 2: Skillz & Scrimmages Ages 7 – 10

5 PM – 5:45 PM

General Fee \$142

Resident Fee \$118

LOCATION 2: Issaquah Community Center – Court 1

WEDNESDAYS, NOV. 18 – DEC. 16 (NO CLASS NOV. 25)

Tot / Pre – Soccer Ages 3.5 – 4

3:30 PM – 4:05 PM

Soccer 1 Ages 5 – 6

4:10 PM – 4:55 PM

Soccer 2: Skillz & Scrimmages Ages 7 – 10

5 PM – 5:45 PM

Mommy Daddy & Me Ages 2 – 3.5

5:50 PM – 6:20 PM

General Fee \$107

Resident Fee \$89



Cross Country

Gliders Cross Country

Ages 5 – 12

Come join the Issaquah Parks & Community Services Gliders for an 8-week series of outdoor cross country workouts exploring Central Park and Lake Sammamish State Park! We will incorporate age-appropriate, short and long-distance workouts to improve fitness and have fun in a safe environment! Prepare for beautiful sunny autumn days as well as rainy, muddy ones. Participants can choose to attend on Mondays, Tuesdays or Thursdays OR attend the multi-day option and choose two/all three days to run. Each participant will need to bring their own water bottle to practice. Lake Sammamish State Park does require a Discovery Pass for parking. Friday Night Lights event will take place on Friday, October 15 at Tibbetts Valley Park. Other meets will take place on Sunday afternoons. The meet schedule will be announced the first week of practice.

LOCATION #1: LAKE SAMMAMISH STATE PARK

Discovery Pass required for parking

• **MONDAYS, SEPT. 13 – NOV. 1 • 4:45 PM – 5:45 PM**

LOCATION #2: CENTRAL PARK FIELDS #5 & 6

• **TUESDAYS, SEPT. 14 – NOV. 2 • 4:45 PM – 5:45 PM**

• **THURSDAYS, SEPT. 16 – NOV. 4 • 4:45 PM – 5:45 PM**

One-Day:

General Fee \$96

Resident Fee \$80

Multi-Day Series:

General Fee \$192

Resident Fee \$160

Volleyball

TGA Volleyball

Ages 8 – 14

Ready, set, spike! TGA Volleyball brings an exciting, fast-paced game that develops the skills of teamwork, passing, setting, serving, spiking, and blocking in each lesson. Coaches lead students through games and activity stations that incorporate athletics, academics, and life skills to create a fun and encouraging environment. Come serve it up with TGA today!

Issaquah Community Center

Ages 8 – 10:

THURSDAYS, SEPT. 16 – NOV. 4 • 6 PM – 6:50 PM

Ages 11 – 14:

THURSDAYS, SEPT. 16 – NOV. 4 • 7 PM – 7:50 PM

General Fee \$192

Resident Fee \$160



Eastside Dream Elite Cheer

Intro to Cheerleading *Ages 5 – 10*

Come join us for this fun class to learn the basics of cheerleading. We'll cover motions, dance, cheers, jumps, and more! This is a perfect class for beginners and for those who want to improve their skills. No experience required.

Issaquah Community Center

- THURSDAYS, SEPT. 16 – OCT. 21 • 5:20 PM – 6 PM
- THURSDAYS, OCT. 28 – DEC. 16 • 5:20 PM – 6 PM
(NO CLASS NOV. 11 & NOV. 25)

General Fee \$72
Resident Fee \$60

Dream Team Cheer Squad *Ages 7 – 18*

This is a great beginning-to-intermediate level cheer squad! We are going to have a very small in-person class to stay within King County requirements. We will be working on cheer basics—dance, cheers, motions, jumps, and more. Previous experience is not required—contact instructor with questions. Cheer classes are run by Eastside Dream Elite Cheer & Dance, EastsideDreamElite.com. (Some extra costs may be incurred for this class.)

Issaquah Community Center

- WEDNESDAYS, SEPT. 22 – OCT. 27 • 6:30 PM – 8 PM
- WEDNESDAYS, NOV. 3 – DEC. 15 • 6:30 PM – 8 PM
(NO CLASS NOV. 24)

General Fee \$114
Resident Fee \$95

Beginning/Intermediate Tumbling Class *Ages 7 – 18*

This is a great class for starting and improving your tumbling skills. We use a series of progressions to work from doing bridges and cartwheels up to back handsprings and back tucks. This small class is specifically geared towards tumbling for cheerleading, but isn't exclusive to those in cheer. Cheer classes are run by Eastside Dream Elite Cheer & Dance, EastsideDreamElite.com. (Some extra costs may be incurred for this class.)

Issaquah Community Center

- WEDNESDAYS, SEPT. 22 – OCT. 27 • 5:30 PM – 6:15 PM
- WEDNESDAYS, NOV. 3 – DEC. 15 • 5:30 PM – 6:15 PM
(NO CLASS NOV. 24)

General Fee \$78
Resident Fee \$65

Dance / Drill Team *Ages 10 – 18*

This team works on beginning-to-intermediate level spirit-style dance technique focusing on hip-hop, precision, and pom styles. There will be opportunities to perform in addition to class time. Previous cheer or dance experience is recommended but not required—contact instructor with questions. (Some extra costs may be incurred for this class.)

Issaquah Community Center

- THURSDAYS, SEPT. 16 – OCT. 21 • 4 PM – 5 PM
- THURSDAY, OCT. 28 – DEC. 16 • 4 PM – 5 PM
(NO CLASS NOV. 11 & NOV. 25)

General Fee \$96
Resident Fee \$80

Power Squad *Ages 7 – 18*

Join us for an advanced cheerleading class (see Dream Team for beginning/intermediate level). We will be working on cheer basics including motions, jumps, tumbling, conditioning, and stunt preparation drills and stunting. This class is offered to those who have participated in Power Squad in the past or have previous cheerleading experience. Please contact Coach Anne with any questions at anne@EastsideDreamElite.com.

Issaquah Community Center

- WEDNESDAYS, SEPT. 22 – OCT. 27 • 4 PM – 5:30 PM
- WEDNESDAYS, NOV. 3 – DEC. 15 • 4 PM – 5:30 PM
(NO CLASS NOV. 24)

General Fee \$114
Resident Fee \$95





Boards & Commissions

The City of Issaquah follows all recommendations issued by Public Health – Seattle & King County, our public health agency. Programs, events or facility availability may change quickly based on this guidance, which helps keep our community safe during the COVID-19 pandemic. For the latest updates, go to issaquahwa.gov/parks.

Issaquah Youth Advisory Board *Grades 6 – 12*

The City of Issaquah believes that youth are not only future leaders of tomorrow, but also active civic contributors of today. This Board exists to create and encourage both youth leadership and service opportunities in order to develop leadership skills, highlight youth ideas and opinions, and unite students in the Issaquah School District. We are excited to get this year started! Congratulations to our 2021–2022 Board Members!

Current Members:

- Aadya Syal
- Anish Bhamidipati
- Anna Wilkinson
- Anu Noori
- Anusha Manoj
- Anushka Saxena
- Arsha Bhamidipati
- Ashwin Monoharan
- Avena Fan
- Bijan Gulimani
- Daryush Ghadiali
- Delnaz Ghadiali
- Giada Oliva
- Harini Swaminathan
- Ian Hansen
- Jacob Rubenstein
- Joseph Zhang
- Kaleigh Hall
- Kelly Wang
- Kunal Srivastava
- Kyuhong lee
- Lucy Bentsen
- Micah Mok
- Mina Jo
- Nilin Farren
- Parker Huang
- Preston Miele
- Riddhi Sharma
- Rohan Ganesh
- Ryan Reamy
- Saahithi Gaddipati
- Sahana Rao
- Sanvi Madan
- Sean Fan
- Shananda Dokka
- Shivani Gupta
- Tarun Shivakumar
- Tyler Rubenstein
- Varnika Dokka
- Victoria Tran



Senior Programs

The City of Issaquah follows all recommendations issued by Public Health – Seattle & King County, our public health agency. Programs, events or facility availability may change quickly based on this guidance, which helps keep our community safe during the COVID-19 pandemic. For the latest updates, go to issaquahwa.gov/parks.

Senior Center Access

The Issaquah Senior Center is free to all adults 55 years of age and older. We offer lunch Monday to Friday and lots of in person activities and some virtual activities. Check out our newsletter at issaquahwa.gov/seniors or call the Senior Center at 425-837-3339.

LUNCH DAILY

Pick up a hot homemade lunch from the city's kitchen crew (W, Th, Fr) or from Catholic Community Services (M, T). The monthly menu is available online at issaquahwa.gov/seniors. Arrive early as we are first come, first serve.

MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY
11:45 AM – 12:30 PM

Costs:

60 and older	\$4.50
59 and younger	\$6.50

Monthly Menu online at issaquahwa.gov/seniors

Education & Arts

BOOK CLUB

Join other seniors for this unique book club! Come and share what you are reading and learn about books that others are reading. All are welcome to join in and discuss books!

MEETS THE 1ST AND 3RD WEDNESDAYS • 1 PM – 2:30 PM

Fee Free

DRIFTWOOD CLASS

Join others as we sculpt driftwood into art pieces with Dave Sao, your instructor.

MEETS THURSDAY • 1 PM – 3 PM

Fee \$5

MINDFULNESS MEETINGS

Mindfulness is a simple practice that calms your nervous system and has multiple health benefits. It is as easy as watching your breath come in and out. Join us in person or virtually, we start with a guided meditation, followed by discussion on a variety of topics and practiced to stay in the moment. We are a supportive community focusing on positive ways to forward during these challenging times. Visit the website at issaquahwa.gov/seniors for virtual link and phone numbers.

MEETS EVERY WEDNESDAY • 11 AM – 12 PM

Fee Free

TECH HELP

Bring all your computer and technology related questions—our volunteers can help! From computers to cell phones, tablets and cameras, bring yours or get help using the computers at the senior center. Sign up at the front desk for a 30-minute timeslot. Call 425-837-3339.

MEETS EVERY TUESDAY • 1 PM – 3 PM & FRIDAY • 9 AM – 11 AM

WISDOM CAFÉ WITH KCLS LIBRARIAN – VIRTUAL ONLY

Bi-weekly facilitated conversation on a wide range of topics hosted by Zlantina, Issaquah KCLS Librarian. You only need a telephone to join via Zoom. See our website at issaquahwa.gov/seniors for a list of the topics and how to join via phone or computer to Zoom.

MEETS TWO FRIDAYS PER MONTH • 1PM – 2 PM

Fee Free

Writing Your Family Story Before It Is Lost

Want to pass on your family stories to younger generations? Join others to learn to capture engaging & entertaining stories that your family will treasure. No writing experience needed. Feel free to attend, even if just to listen.

**MEETS FIRST & THIRD THURSDAYS OF THE MONTH
10 AM – 12 PM**

Visual Journaling

Visual Journaling is a collage and painting process that involves the combination of words and images to depict an idea. We use acrylic paints, magazines, craft papers, and stencils to create individual pages that form a journal.

- All supplies provided free of charge.
- No experience necessary.
- Call the front desk to register.

**MEETS FIRST & THIRD THURSDAY OF THE MONTH
12:30 PM – 2 PM**

Health & Fitness

S.A.I.L. (Stay Active & Independent for Life)

S.A.I.L. is a fitness program approved by the Administration on Aging for fall prevention. Performing exercises that improve strength, flexibility, balance, and cardio is the single most important activity adults can do to stay active and reduce their risk of falling. S.A.I.L. is a higher-intensity class designed for the more mobile adult, however chairs are an option to lower the intensity. Working at your own pace is encouraged. Please wear tennis shoes designed for exercise. If new, please arrive 15 minutes early so you can meet the instructor and get equipment.

Instructor: Barbara Scott

- **MEETS WEEKLY MONDAY • 10:30 AM – 11:30 AM**
- **WEDNESDAY & FRIDAY • 9:30 AM – 10:30 AM**

Fee \$50/10 sessions

YOGA

Yoga Alliance certified instructor Barbara Stevenson uses the Vinayaka approach of combining breath awareness with movement, as well as function over form, to make this class adaptable for each individual. No experience or flexibility needed. Equipment provided.

Instructor: Barbara Stevenson

MEETS WEEKLY TUESDAY & THURSDAY • 1:15 PM – 2:30 PM

Fee \$8/class

CHAIR YOGA

Chair yoga leads you through a gentle series of yoga poses done while seated or using a chair for balance and support. This yoga class focuses on incorporating your breath with movements to create strength, flexibility, and balance and promote a sense of calm and wellbeing. Reduce stress and try this ancient wellness practice.

Instructor: Barbara Stevenson

TUESDAYS • 2:45 – 3:45 PM

Fee \$7/class

Tai Chi & Qigong

When weather permits we will practice outside. Otherwise, join us inside!

Instructor: Richard

MONDAYS • 9 AM – 10 AM

Fee Free

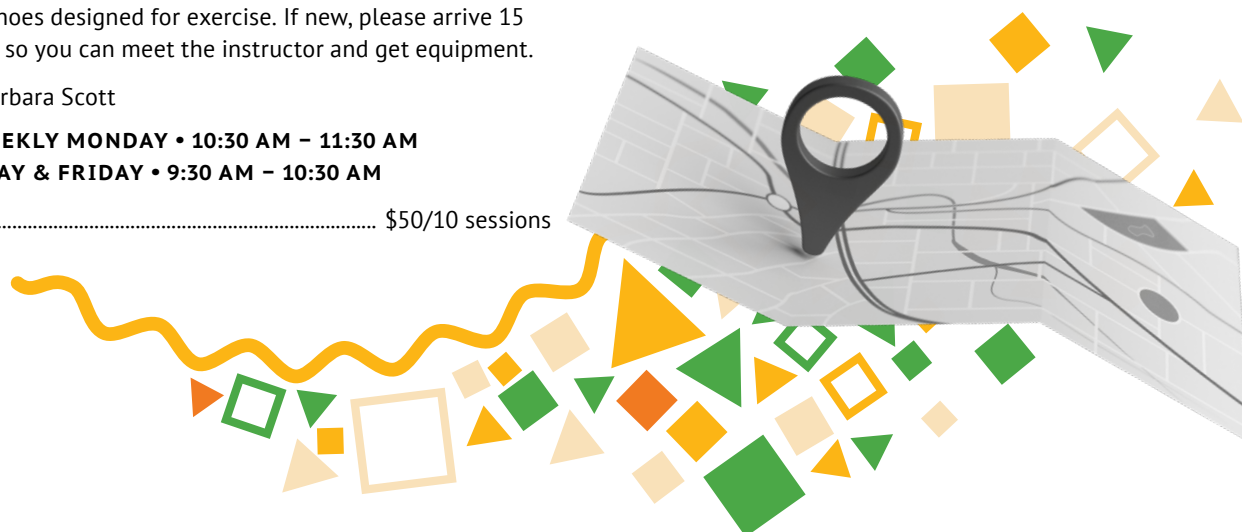
Trips

METRO WITH DAVE

Join Dave Waggoner for a monthly Metro bus trip to various locations.

MEETS ONCE A MONTH

Check out the monthly newsletter for this month's trip at issaquahwa.gov/seniors.



Social Activities

BINGO

Join us for in person and virtual BINGO! Registration is required by calling the front desk at 425-837-3339.

MEETS THE 2ND WEDNESDAY OF EACH MONTH • 1 PM – 2 PM

Fee Free, sign up required

KNITTING GROUPS

Meet with others who knit, crochet, needlepoint and more.

- **MEETS EVERY TUESDAY • 10 AM**
- **MEETS EVERY THURSDAY • 11 AM**

VARIETY OF GAMES

Bridge

MEETS MONDAYS • 10 AM

Mahjong

MEETS TUESDAYS • 9 AM

Pinochle

MEETS TUESDAYS • 12:30 PM

MEETS FRIDAYS • 10 AM

Social & Simple: Cards & Games

MEETS EVERY WEDNESDAY • 10:37 AM

Hand & Foot Cards

MEETINGS THURSDAYS • 10 AM

MEETS TUESDAYS • 12:30 PM





**FOR ISSAQUAH SCHOOL DISTRICT
STUDENTS, GRADES K-5**

Before School Only General Fee	\$4,320/year
Before School Only Resident Fee	\$3,600/year
After School Only General Fee	\$4,980/year
After School Only Resident Fee	\$4,150/year
Before & After School General Fee	\$7,800/year
Before & After School Resident Fee	\$6,500/year

More information can be found at:
issaquahwa.gov/schoolhouserec or call 425-837-3300

